



Beef Kefta Patties with Cucumber Salad

READY IN



45 min.

SERVINGS



4

CALORIES



280 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 cups cucumber english thinly sliced
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 0.3 cup parsley fresh divided chopped
- ☐ 1 tablespoon ginger fresh peeled chopped
- ☐ 0.5 cup greek yogurt plain fat-free
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 2 teaspoons ground coriander
- ☐ 1 teaspoon ground cumin

- ☐ 1 pound ground sirloin
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 6-inch wholewheat pita breads quartered ()
- ☐ 2 tablespoons rice vinegar
- ☐ 0.5 teaspoon salt

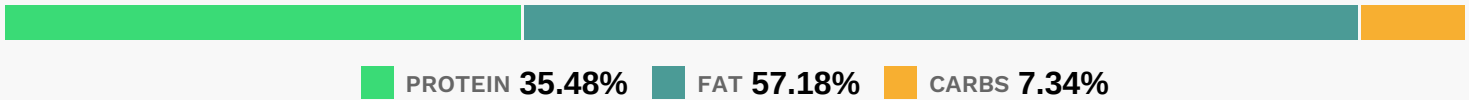
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ grill pan

Directions

- ☐ Heat a grill pan over medium-high heat. Coat pan with cooking spray.
- ☐ Combine beef, 1/4 cup parsley, cilantro, and next 5 ingredients in a medium bowl. Divide mixture into 4 equal portions, shaping each into a 1/2-inch-thick patty.
- ☐ Add patties to pan; cook 3 minutes on each side or until desired degree of doneness.
- ☐ Combine cucumber and vinegar in a medium bowl; toss well.
- ☐ Combine yogurt, remaining 2 tablespoons parsley, juice, and pepper in a small bowl; stir with a whisk. Arrange 1 patty and 1/2 cup cucumber mixture on each of 4 plates. Top each serving with about 2 tablespoons yogurt sauce.
- ☐ Serve each with 2 pita wedges.

Nutrition Facts



Properties

Glycemic Index:67, Glycemic Load:0.38, Inflammation Score:-5, Nutrition Score:16.793913115626%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 279.58kcal (13.98%), Fat: 17.52g (26.96%), Saturated Fat: 6.73g (42.07%), Carbohydrates: 5.06g (1.69%), Net Carbohydrates: 3.92g (1.43%), Sugar: 1.87g (2.08%), Cholesterol: 78.36mg (26.12%), Sodium: 382.5mg (16.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.47g (48.93%), Vitamin K: 75.12µg (71.54%), Vitamin B12: 2.64µg (43.93%), Zinc: 5.45mg (36.36%), Selenium: 20.93µg (29.89%), Vitamin B3: 5.51mg (27.57%), Phosphorus: 251.89mg (25.19%), Vitamin B6: 0.44mg (22.1%), Iron: 3.35mg (18.6%), Vitamin B2: 0.27mg (15.99%), Potassium: 510.15mg (14.58%), Vitamin C: 8.51mg (10.32%), Magnesium: 38.96mg (9.74%), Manganese: 0.19mg (9.41%), Vitamin A: 447.66IU (8.95%), Vitamin B5: 0.88mg (8.76%), Calcium: 75.88mg (7.59%), Copper: 0.13mg (6.69%), Vitamin B1: 0.08mg (5.31%), Folate: 19.68µg (4.92%), Fiber: 1.14g (4.55%), Vitamin E: 0.53mg (3.51%)